

## WHAT IS CLAIMED IS:

1. A method comprising contacting a naive T cell with a stimulatory signal and an appropriate amount of a combination of Vitamin D3 and Dexamethasone, wherein said contacting results in differentiation to a regulatory T cell.
2. The method of Claim 1, wherein said:
  - a) regulatory T cell produces essentially only the cytokine IL-10; or
  - b) stimulatory signal is activation with an antigen or anti-CD3.
3. The method of Claim 2, comprising stimulation with:
  - a) antigen and antigen presenting cells; or
  - b) anti-CD3 and anti-CD28.
4. The method of Claim 2, wherein antigen is an HLA.
5. The method of Claim 1, wherein said contacting is in vitro.
6. The method of Claim 5, wherein said contacting is repeated two times.
7. The method of Claim 5, wherein said amount of Vitamin D3 is about 4 times as much as Dexamethasone.
8. The method of Claim 5, wherein said amount of:
  - a) Vitamin D3 is at least  $1 \times 10^{-8}$  M; and/or
  - b) Dexamethasone is at least  $2.5 \times 10^{-9}$  M.
9. The method of Claim 8, wherein said amount of:
  - a) Vitamin D3 is at least  $3 \times 10^{-8}$  M; and/or
  - b) Dexamethasone is at least  $7.5 \times 10^{-9}$  M.
10. The method of Claim 1, wherein:
  - a) said regulatory cell suppresses response to a defined antigen; or

- b) said contacting occurs in the presence of an antagonist of IL-4, of IFN- $\gamma$ , and/or IL-12.

11. The method of Claim 10, wherein:

- 5 a) said response is pathology inducing response; or
- b) said contacting occurs in the presence of at least two of said antagonists.

12. The method of Claim 1, wherein said regulatory T cells  
10 produce:

- a) at least 100 ng of IL-10 per  $10^6$  cells; and
- b) less than 1 ng of IL-4 per  $10^6$  cells.

13. The method of Claim 12, wherein said regulatory T cells further  
15 produce:

- a) less than 30 pg IL-5 per  $10^6$  cells; and/or
- b) less than 30 pg IFN- $\gamma$  per  $10^6$  cells.

14. A population of cells made by a method of Claim 1.  
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15. A method of Claim 1, further comprising administering said  
regulatory T cell to an animal with specific antigen.

16. The method of Claim 15, wherein:

- 25 a) said regulatory T cell and said antigen are administered simultaneously;
- b) said animal exhibits signs or symptoms of an inflammatory or autoimmune pathology; or
- 30 c) said administering results in suppression of an inflammatory or autoimmune pathology.

17. A method comprising administering regulatory T cells specific  
for an exogenous antigen with said antigen to an animal undergoing an  
inflammatory or autoimmune pathology.

18. The method of Claim 17, wherein:
- a) said exogenous antigen is ovalbumin; or
  - b) said regulatory T cells and antigen are administered simultaneously.

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19. The method of Claim 17, wherein said administering results in suppression of said pathology.